

# BIBLE INTAKE

## 1 Thessalonians 2.13; 2 Timothy 3.16

*Train yourself to be godly. For physical training is of some value, but **godliness** has value for all things, holding promise for both the present life and the life to come.* 1 Timothy 4.7b-8

No Spiritual Discipline is more important than the intake of God's Word. There simply is no healthy Christian life apart from a steady diet of the Scriptures. The reasons for this are obvious. In the Bible God tells us about himself, and especially about Jesus Christ, the incarnation of God.

Bible intake is not only the most important Spiritual Discipline, it is also the most broad. It actually consists of several sub-disciplines. It's much like a university comprised of many colleges, each specializing in a different discipline, yet all united under the general name of the university.

### HEARING GOD'S WORD

*Blessed rather are those who hear the word of God and obey it.* Luke 11.28

Romans 10.17; 1 Timothy 4.13

### READING GOD'S WORD

*Man does not live on bread alone, but on **every word** that comes from the mouth of God.* Matthew 4.4

2 Timothy 3.16; Revelation 1.3

### STUDYING GOD'S WORD

*For Ezra had devoted himself to the study and observance of the Law of the Lord, and to teaching its decrees and laws in Israel.* Ezra 7.10

*Now the Bereans were of more noble character than the Thessalonians, for they received the message with great eagerness and examined the Scriptures every day to see if what Paul said was true.* Acts 17.11

### MEMORIZING GOD'S WORD

*I have hidden your word in my heart  
that I might not sin against you.* Psalm 119.11

Colossians 3.2; Psalm 22.17-19

### MEDITATING ON GOD'S WORD

*Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.* Joshua 1.8

<sup>1</sup> *Blessed is the man  
who does not walk in the counsel of the wicked  
or stand in the way of sinners  
or sit in the seat of mockers.*

<sup>2</sup> *But his delight is in the law of the LORD,  
and on his law he meditates day and night.*

<sup>3</sup> *He is like a tree planted by streams of water,  
which yields its fruit in season  
and whose leaf does not wither.  
Whatever he does prospers.* Psalm 1.1-3

Psalm 39.3; 119.98-99

Jerry Bridges. *The Practice of Godliness*. Navpress. Colorado Springs, CO. 1983.  
Richard J. Foster. *The Celebration of Discipline*. Harper & Row. San Francisco, CA. 1978.  
R. Kent Hughes. *Disciplines of a Godly Man*. Crossway Books. Wheaton, IL. 1991.  
John Ortburg. *The Life You've Always Wanted*. Zondervan. Grand Rapids, MI. 2002.  
Donald S. Whitney. *Spiritual Disciplines for the Christian Life*. Navpress. Colorado Springs, CO. 1991.